

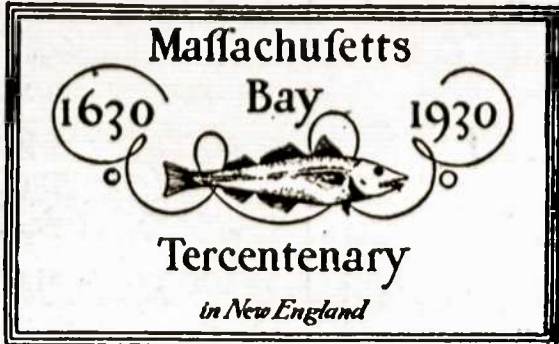
The Northfield Press

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NORTHFIELD, MASS., FRIDAY, AUGUST 8, 1930

PRICE FIVE CENTS

Massachusetts Bay Colony Tercentenary Celebration



Northfield Celebration Closes--Mile-Long Parade and Commemorative Exercises

The wide, tree-lined Main street of this comfortable old town, gaily decked in bunting and flags, was the setting last Friday morning for the biggest event of Northfield's Tercentenary celebration, the mile-long parade. Hundreds of native sons and daughters mingled with visitors from neighboring towns along the spacious street as the pageant of Northfield's history was unfolded before them. Main street is two miles long, and cars were parked practically its entire length. There were many unique and interesting entries in the parade, which embraced patriotic, social and fraternal organizations of the town. Philip Porter was director of the parade and Clarence M. Steadler was marshal. The weather was perfect for the event.

On the flag-draped reviewing stand, which was built out from the Town hall, were Councilor George D. Chamberlain of Governor Allen's Executive Council, representing the Governor; Hon. Herbert C. Parsons; Frank H. Montague and George Carr, Northfield selectmen; Frank Williams, treasurer of the town; Charles S. Warner, town accountant; Elliott Spear, president of The Northfield Schools; Fred W. Doane of Greenfield, candidate for high sheriff, and A. P. Fitt, chairman of the town Tercentenary committee, who was costumed as a Colonial gentleman.

The parade was headed by the Greenfield Military band, followed by the Squak-he-ag Indians, impersonated by Boy Scouts and Girl Scouts, including a troop from Greenfield. The scouts had been in camp on the North church green during the Tercentenary celebration, with teepees, a fireplace and Indian blankets prominently displayed. The Squak-he-ag lived on the Northfield plains before 1669. White settlers of that date came next in line and were followed by a two-wheeled horse-drawn covered cart in which were early settlers of 1673, impersonated by the Grange.

Persons prominent in Northfield's early history, including Parson Doolittle, Elder James, Seth Field, Capt. Benjamin Wright and Dr. Patience Miller, were brought into being by members of the Historical society. Northfield Farms entered an attractive float done in blue and gold and representing the early industries, broom and rag making. Four Revolutionary army soldiers of 1776 were next in the line of march, and they were followed by a four-seater auto in which rode a party of Colonial ladies and gentlemen. Their costumes were particularly worthy of mention.

The Civil War period was portrayed by a company of northern soldiers headed by their captain and color-sergeant. The Women's Relief Corps exhibit was a comprehensive one and included three units. The ladies' degree team rode on a float and an ox-drawn cart, loaned by H. A. Perry of Barnardston, followed. The Northfield Schools exhibit was one of the best in the parade and portrayed the early beginnings of the school when D. L. Moody was first inspired to build a school by the sight of girls weaving hats on a hilltop. Connecting the first vehicle was another depicting the education of Northfield Schools today and their growth since 1879. The Northfield hotel entered an exhibition Northfield entered an exhibit representing summer and winter sports. The Spanish-American War soldiers were followed by the American Legion entry, which included a group of soldiers with their machine guns and another group of sailors. The Legion auxiliary had a float representing a dressing station at the front. The Boys' Brigade was in the line of march followed by the Woman's Christian Temperance Union exhibit. In the first vehicle were women representing Neal Dow, Frances Willard, Mary Livermore and Carrie Nation, and in the second were youngsters of the Loyal Temperance Legion whose motto was, "The saloon has gone."

The Greenfield Electric Light & Power Company entered a unique float which was in the form of a great nickel flit iron, completely concealing the truck beneath it. The citizens of Irish origin presented an exhibit in three units which portrayed native costumes, an interesting "jaunting" or ride car and great Irishmen, Edmund Burke and Oliver Goldsmith. They were followed by an exhibit entered by citizens of Polish origin who appeared in their colorful native costumes also and represented two great Poles, Ignacy Paderewski and John Kosciuszko.

The final entry, entitled "Progress in transportation," was one of the most interesting in the parade. Baby carriages of the earliest vintage headed the procession, followed by an ancient chaise and gig, and D. L. Moody's phaeton. George Long's horseless carriage of 1880, a Northfield product, chugged along on its own power with two men aboard. Next came high bicycles, a couple of old-time Fords, and lastly, two new cars.

The costumes worn in the parade were for the most part real old Colonial creations and the thoughtful attention given by the committee to authentic detail in the portrayal of various periods was a pleasing feature. The parade disbanded on the grounds of the Chateau.

At noon time there were family reunions and picnics on the Chateau lawn and informal addresses by Northfield people and visitors. Hon. Herbert C. Parsons was one of the principal speakers. The welcome committee on behalf of the town of Northfield was as follows: Luckey O. Clapp, chairman; Mr. and Mrs. Frank H. Montague, Mr. and Mrs. E. M. Morgan, Mr. and Mrs. George Carr, Mr. and Mrs. S. F. Alexander, Mr. and Mrs. John Callaghan, Mrs. Minnie Callender, Mrs. George Foreman, Mr. and Mrs. C. L. Gilbert, Mr. and Mrs. F. A. Holton, Mr. and Mrs. A. G. Moody, Mr. and Mrs. L. R. Smith, Mr. and Mrs. Stearns and Mrs. N. P. Wood. Music for the early afternoon was provided by the Greenfield band.

At 2:30 o'clock the audience was addressed by Congressman Allen T. Treadway, who gave an historical talk. William R. Moody presided as chairman. The following speaker's committee was on the platform: The Selectmen; T. R. Callender, Dr. Florence A. Colton, F. A. Duley, Richard G. Holton, Ralph Leach, H. H. Morse, G. W. Robbins, Elliott Spear, George T. Thompson, C. S. Warner, W. G. Webster, Allen H. Wright, and the Northfield woman candidate for the Legislature, Mrs. Catherine B. Wilder. Among the old-timers on the platform were Hon. Herbert C. Parsons, President Paul D. Moody and Dr. Richard Smith.

Congressman Treadway Delivers Address

Congressman Allan T. Treadway's oration given before a vast throng on Friday included both hidden and well-known facts of progress of Massachusetts Bay Colony, beginning with formation of its first charter; its legislative, judicial, and executive democracy; and closing with a strong urge for support for President Hoover and activities of the present administration. Mr. Treadway spoke in part as follows:

My friends, it is indeed an honor to be permitted to join with you today in celebrating the 300th anniversary of the founding of the colony of Massachusetts Bay. As a representative of the National Government of the United States, it is especially a privilege to be able to take part in commemorating the efforts of our forefathers to establish a system of civil government on this Continent.

Everyone knows the old adage, great oaks from little acorns grow. Twenty-five years of service in our State and National legislatures has enabled me to visualize to how great an extent the seeds of civil administration planted by the pioneers of Massachusetts Bay 300 years ago have borne fruit. During the year 1630 a little band of people arrived at our shores. They came from Ireland in search of a place where they might live in peace and worship God in accordance with the dictates of their hearts and consciences. They were men and women of high ideals, many of whom had been favored with higher educations. Among them was Governor Winthrop, who brought with him the charter granted by Charles I in 1628 to the Massachusetts Bay Company.

Under the charter there was at once established what was practically a form of self-government with power vested in the "great, general and solemn assembly," to choose annually the Governor, Deputy Governor and Assistants, and to make and ordain all manner of wholesome and reasonable orders, laws and statutes for the governing of the Plantation in Massachusetts Bay.

the General Court, which had already been set up, became the real governing body in the Colony.

Under the original plan, all freemen, or persons who held the voting privilege, were entitled to participate in the General Court. As it was impossible for many of them to exercise this privilege, deputies were chosen from towns to represent the freemen. Thus there came into existence in the New World the principle of representative government. Thus far there had been no division of the executive, legislative and judicial powers. The deputies of the freemen had legislative authority, while the assistants exercised executive and judicial powers as well. Gradually, however, as the years went on and experience accumulated, these three functions of government were separated. The legislators passed laws, independent courts were organized, and an executive council was inaugurated.

The rift between the mother council in the Revolutionary War, possibly had its inception in the granting of the second charter. Emigration to the New World continued and various colonies were established. The relations between the Colonial Governors appointed by the Crown and Massachusetts Assembly were not of the pleasantest, and no doubt the same could be said of other colonies. But the situation was not without its humorous side.

In 1770 a dispute arose between the General Court and the Governor as to the latter's right to require the General Court to sit at Cambridge or anywhere outside of Boston. The Governor, in referring to the alleged inconvenience of the Court sitting at Cambridge, said:

"If you think the benefit which the students receive by attending your debates is not equal to what they may gain in their studies, they may easily be restrained, and then your sitting in the College will be little or no inconvenience."

Massachusetts was the latest of the original 13 States to adopt a constitution, but she was the first State to submit her constitution to a vote of the people.

The events leading up to the adoption of this constitution are of considerable interest, particularly to those of us who live in Western Massachusetts. The council undertook to organize the courts and grant commissions, but the effort was not a complete success. In Berkshire County State courts were not allowed. The towns ran things themselves. Pittsfield, for instance, named five men to sit and constitute a local court.

In Lee the citizens voted that they held themselves bound to support the civil authority of their State for the term of one year and bound to obey the laws of the State. Great Barrington, on the other hand, voted that, there being no new constitution, and to other reasons, the laws of the State would not operate. Ashfield God for the foundation of the form of our government! In Pittsfield there was considerable agitation. A petition was circulated and the Rev. Thomas Allen declared that all he wanted was a government founded on the consent of the people. It is said that this was the same gentleman who was known as "the fighting parson," and who led his congregation to Bennington and complained to Col. Stark, the night before that celebrated battle, that he had been disappointed on several occasions and did not want to miss a fight this time. The Colonel assured him he would have all the fight he wanted on the next day, and the next day he probably did.

In view of the existing unrest and agitation, the House of Representatives, in 1776, appointed a committee to consider the drafting of a constitution. On being put to a vote in the 250 towns, only 97 made returns, 74 were in favor of the proposition, and 23, including Boston, were against the adoption of a constitution. Accordingly a form was drawn up and agreed upon, but on being submitted to the citizens in 1778 it was rejected. Following this rejection the agitation throughout the State continued and the towns to a large extent ran things themselves. Several towns, including Pittsfield, Lenox and Hancock declared that they were not bound to obey State laws.

The final adoption of the constitution may have prevented Berkshire from today being part of the State of New York. At any rate the constitutionalists of our county aided materially in the final adoption of a constitution by Massachusetts, which took place in 1780. The first General Court under the new form of government met at the State House in Boston on the 25th of October in the same year. Criticisms were made of the aristocratic character of the Senate, of the independent Executive, of his salary, the courts and so on. In 1786 an armed revolt known as Shay's Rebellion broke out, threatening the existence of the new government. The uprising was suppressed, however, and from that time the situation became more harmonious.

From the time of the first settlers, the people of our Commonwealth have advocated and fought for the principle of free representative government, and have successfully withstood any violation of this doctrine. The men who threw the tea overboard in Boston harbor simply manifested their determination to have a voice in the making of the laws under which they lived. Throughout the years which have followed, the history of this grand old State of ours shows that its citizens have held to the fundamental prin-

ciples on which its government was founded. It is with great pride and honor that we celebrate the Tercentenary of the establishment of those principles in our State.

Statistics where are now being compiled of the census of the 48 States will, it is estimated, indicate a population approaching 125,000,000 people who profess allegiance to the American Constitution. It would, perhaps, be an exaggeration to claim that all of this population is today influenced by the inheritance from the Puritan fathers, because mingled with the Puritan stock is the conglomerate blood of the world. But I do think it would be denied that no one factor making up today's Americanism was of greater influence than the inheritance passed on to us by those who settled at Plymouth and Salem. If this be true, what is, then, the underlying current in the life of the country which we may regard as predominating or as having a special bearing on the American we know and live in? I trust I will be pardoned if, in an effort to answer a word picture of the experience it has been my good fortune to share during the past 20 years. It, of course, can be said that New England's contribution to present day history constitutes only a sectional view, but I maintain that New England's influence, the system of its government and the character of its population has affected all sections and areas of this vast country.

How to Keep Cool

Everyone talks about the weather but no one seems to do anything about it. Mark Twain once said. Although we haven't yet been able to change atmospheric conditions at will, we have far better facilities for keeping comfortable than had the famous American humorist not so long ago.

Besides ice cream, electric fans, and the air cooling systems that make our moving picture theatres delightful in warm weather, there is the bath with all its luxurious accessories. When collars wilt and dispositions become frayed, we need no longer consume our energies in plying a palm leaf fan. A twist of the faucet, a few moments' wait until the water is up, and we can ease ourselves gently into the cool and tepid depths.

After strenuous exercise or a hard day's work, there is new vigor to be found under the spray of the shower bath. Those who dislike sudden shocks, even in warm weather, can work up a lather or soap under the warm water, then let it grow gradually cold. Hardier souls can take their cold shower bath straight, although a lukewarm bath is really more cooling.

Most of us don't have to struggle with the handle of a pump when we want to freshen our hands and faces during the day. We don't have to fetch and carry buckets of water unless we are camping. Running water piped into our offices and homes provides us with a ready means of keeping cool and cool. In this age of scientific development, the time may come when we will be able to adjust the weather to suit the whim of the moment. Meanwhile, since talking doesn't help, we are fortunate to have at hand a ready means of defense against mounting temperatures.

M. A. C. Log Chopping Contest

W. J. Stratford of Moore's Corner Franklin County, and Philip Porter of Coshen, Hampshire County, proved themselves the best and second best log choppers in the State at a special State contest held as a feature of the Farm and Home Week program at the Massachusetts Agricultural College which was held for four days, July 29 to Aug. 1.

Cutting into a newly felled red oak log, Mr. Stratford went through the log in the fast time of ten minutes and 37 seconds with Mr. Porter cutting through in two minutes and five seconds.

More than 1,000 people were on the grounds for the contest and programs being presented by the Farm and Home Week speakers. The first three days, according to figures from the registration tent, were record breakers for the program, there being more than 2,500 people attending in the three days.

Powerful Profits

Declaring that the power trust has become "a gigantic enterprise reaching into every home, into every manufacturing and business institution in the country," Senator Norris of Nebraska states by way of calling attention to some of the evils under which the population suffers that the big power companies are are collecting as high as 96 per cent profit from the puzzle.

The United States Capitol

The middle, or original portion of the United States Capitol, was built of Virginia sandstone. The two extensions for the Senate and House were started in 1851, and were built of marble. The total value of the building exceeds \$25,000,000.

When man has come to the Turnstiles of Night, all the creeds in the world seem to him wonderfully alike and colorless.—Rudyard Kipling.

Dr. Reid of London Preaches Opening Sermon of General Conference

"No better tonic for depression can be found anywhere than in the last chapter of Revelation, 'Behold, I make all things new.' That was the statement of Rev. James Reid of Bournemouth, England, in speaking to a large audience Sunday at the Northfield Conference of Christian Workers, meeting together on the 50th anniversary since its beginning by D. L. Moody in 1880.

In the world is wicked now, according to some people, it really cannot be compared to the days of Rome, the time when John wrote Revelation. And yet in all the sin and degradation John saw hope. He knew the recreating power of Jesus Christ, and saw the world made over by his hand. Spiritual anemia is the result of a shortened perspective, the speaker said. We do not see the end of the road, and hence we grow weary. All is useless if one cannot see a purpose and vision behind the effort. John saw the power of God at work, ceaselessly making all things new. By this process of constant renewal, God brings all things to perfection.

Not by means of additions solely, but by recreation, do plants, our bodies, and even scientific and spiritual truth arise. Although Jesus may not have said things that had not been repeated before, he did not new meaning to words and ideas. Love, faith, and God took on new clothing because of the interpretations of Jesus.

This power of God to renew life with a living hope lies at the heart of Christianity, Rev. Mr. Reid continued. It is a challenge to death. Our faith began with the conquest over death, the resurrection. Christ is a foe to all that destroys, and a friend to all that constructs. That is the theme of Christianity. That is the message to the individual. Character is shaped by renewing our lives through the power of God.

Many of our sins are merely symptoms of an inner restlessness, the personality of war, a lack of inner harmony, a deficiency of vitality. Loss of temper, drunkenness, unbrotherliness, all are traceable to a deeper disease. Recreating the personality is the only remedy, and that is Christ's message to the individual. The secret is fellowship with Christ.

Saturday night Rev. Mr. Reid was the speaker at the opening service. W. R. Moody, the chairman, son of the evangelist who took over the work of the General Conference after his father, made some remarks of welcome, pointing out the need of prayer and earnest purpose for all who are desirous of making real the kingdom of God on earth. Mme. Louise Homer, a long-time friend of Northfield, was the soloist during the early part of the Conference.

"Are we running our Christian life with the brakes on?" Dr. Reid asked in his address. "Do we lack power? Is this the cry of the world today? more power. Most of us have a sneaking admiration of Napoleon and Lenin because they held power. Some today feel that civilization has created too great a burden for the world to carry. There is a lack of moral and spiritual power. Aren't all our attempts at bigness and speed merely giant toys by which we illude ourselves into thinking we do have power? The source of genuine and lasting and satisfying power is spiritual. Courage and hope come from the God. The need of the world today is joy, courage, peace, hope and love. The power to obtain these life-giving qualities is through prayer and communion with God. A fellowship with him will bring that power which will build the individual and also the world."

The Round Top service Sunday night was addressed by Dr. L. Peacock, president of Shaw University. He spoke on the position of the Negro in the education of today. Dr. Reid was the speaker at the night service. Monday Dr. Reid will address the ministers at 9 a. m. At 11 o'clock Dr. John A. Hutton of Ireland will speak, and at 8 o'clock Dr. J. Stuart Holden of London will address the Conference.

Upwards of 200 ministers, many coming from distant parts of the country, listened to the Rev. James Reid of Bournemouth, England, Monday morning in Sage chapel during the special meeting for ministers at the General Conference of Christian workers. This special gathering during the first two hours of the morning is limited to ministers and will be addressed this week by Rev. Mr. Reid at 9 o'clock and by Dr. John A. Hutton, Editor of the "British Weekly," at 10 o'clock.

The making and the experiences of the early church will be the general subject of Dr. Reid each day. The early chapters of the Book of Acts will be the text. Of special importance will be the coming of the Holy Spirit and the effects upon the disciples and the first church. Christ did not give particular instructions as to the organization and conduct of the early church," the speaker said. "It is the imparting of the Holy Spirit that stands out."

A CITIZEN.

The verdict of Dr. Hatfield, British psychologist, is that the church today is impotent, it lacks power. It knows Father and the Son, but the third member of the Trinity is a stranger. Hence, the speaker went on to say, it is of vital importance to the church today to recreate the scenes surrounding the death on the cross, the resurrection and the coming of Pentecost in order that we might get hold of that power to vitalize life and make truly Christian the lives of our day.

Dr. Reid stated that a picture of the early church would show that the members had been through the terrific experience of Calvary. Three results followed. First, there was a sense of utter hopelessness and failure in themselves. The disciples were ready for a dependence upon God. Secondly, their ideas of God were flung into the melting pot. There was a certain loss of faith. Thirdly, the bonds of sin were loosed. Calvary made them ready for a new life.

Rev. Mr. Reid was the speaker Sunday evening in the Auditorium. He said that the kingdom of heaven is like

a priceless pearl for which everybody is looking, and some people arrive at it gradually after long searching. Man yhave to be educated up to Jesus Christ. Mr. Reid considers St. Paul's record a personal one. He had collected knowledge, faith, philanthropy and eloquence, and yet was willing to exchange them all for love, the supreme pearl. It could not have been easy for Paul, hated by most men and hated many, to concede this, for, when Paul says "love," he means not possessive love, but bestowing. It is the love of serving, not receiving. It is objective and not subjective. The power of Christ can transform and fulfill, making useful lives that formerly were self-centered.

Monday morning a song service was held at 10 o'clock, led by the Rev. Homer Hammond of Chicago, who for many years has been coming to Northfield. Besides leading the singing Mr. Hammond sang several times. Miss Jeanne Doctor, director of Religious Education and Young People's work at the Presbyterian church at Swarthmore, Penn., also sang a solo.

Madame Louise Homer, well known singer, who for many years has been at Northfield during the summer, contributed a number.

That many have only a bowing acquaintance with God, was the contention of Dr. John A. Hutton, editor of the "British Weekly," the most influential religious periodical in the world, in speaking to the Northfield Conference Monday at 11 o'clock, after an absence of several years. "Christianity needs the establishing and comforting qualities of the faith that made Paul send Timothy to Thessalonika."

"Comfort comes from comfort. We think of the word as meaning agreement. The New Testament interpretation is just the opposite. The real sense of comforting a person is making him ashamed of himself. People are not helped much by saying that you agree with them, but when you make them realize how much better they might become, then you are helping them." Dr. Hutton went on to say that the great danger of Christianity today is the reckless and immoral sympathy, a general kind of compassion for ourselves, who are doomed to live in this precarious time.

The work of being a Christian is difficult, and meant to be so. Paul had a hard time of it because he tried hard living it. Paul said a dozen things, any one of which would blow the world up if we acted on it. When things went badly for Paul at Corinth, Timothy came back from Thessalonika with the news that the church was strengthened in the faith and in their love for Paul. That was the medicine that helped Paul.

"This Conference at Northfield," the speaker said, "has as its chief purpose the pooling of our resources and strength as we come face to face with life in the service of the Lord. Christ is always up even though we may at times be down."

An abject moving toward the East moves faster than one moving westward, according to the mathematics of relativity.

Abraham Lincoln was as just and generous to the rich and well-born as to the poor and humble—a thing rare in politicians.

FILLERS.

Sam: "What does the absent-minded professor do for breakfast?" Calvin: "Pours molasses down his back and scratches his pancake."

"Who is the smallest nonon on earth?"

"The Roman soldier who went to sleep on his watch."

Before you criticize a man that has failed—remember that he has at least tried.

Wonder is involuntary praise.—Young.

The man who trusts men will make fewer mistakes than he who distrusts them.—Cavour.

Some people are so painfully good that they would rather be right than be pleasant.—L. C. Bail.

Over a hundred million false teeth are sold in the United States each year.

THE NORTHFIELD PRESS

NORTHFIELD

ESTABLISHED 1906

MASSACHUSETTS

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Friday, August 8, 1930

Three Unusual Vegetable Recipes

By ETIENNE ALLIO, Chef,
Hotel New Yorker, New York City

ANY housewives have been preparing their vegetable dishes in the same way for so many years that it seems to them almost like sacrilege to suggest that the same vegetables prepared in different ways might be heartily welcomed by the family as delightful variations from the ordinary routine.

While the family may have been well trained to eat the dishes offered them without comment unless it is a favorite one, the wise housewife will never, while so many new recipes are readily available, allow herself to run the danger of a sudden family revolt. Her natural pride in her skill in the culinary art will lead her to seek variety, both for the sake of her own reputation and the pleasure her family will take in the appetizing results of her well planned meals.



CHEF ALLIO

Spinach au Gratin—Clean, wash and steam two quarts of spinach. Drain and press through colander. Add one tablespoon butter, one and a half cups fairly thick white sauce, one-half teaspoon salt, and

one-half teaspoon sugar. Mix thoroughly and place in buttered glass baking dish. Sprinkle with two-thirds cup grated cheese and bake in hot oven for twenty minutes.

Onions Arragonaise—Melt one-third cup butter in a saucepan. Add two cups peeled, small onions, pressing down firmly. Sprinkle over top one scant teaspoon salt, one-fourth teaspoon pepper, and one-fourth teaspoon sugar. Shake until seasonings are well distributed. Add enough chicken stock to cover. Cover saucepan and simmer until onions are tender. Remove cover and boil rapidly until liquid is reduced to about one-fourth. Butter squares of toast, sprinkle cheese over them, then pour over them the onions. Place in hot oven to brown.

Parsnip and Tomato Scallop—Slice and saute in one tablespoon butter, one medium-size onion. When golden brown, add two cups stewed tomatoes, one and a half teaspoons salt, one-fourth teaspoon pepper, two or three cloves, pinch of cayenne, and one teaspoon sugar. Simmer until smooth. Have ready three cups of diced, cooked parsnips. Grease a shallow baking dish and place in it a layer of the parsnips. Add a layer of tomato, then a layer of parsnips, continuing this until all the ingredients are used, being sure that a layer of parsnips is on top. Sprinkle with three tablespoons grated cheese mixed with one-fourth cup bread crumbs. Brown in hot oven.

Serve Plenty of Salads
To Keep A Cool Kitchen

By JOSEPHINE B. GIBSON
Director, Home Economics Dept.,
H. J. Heinz Company.

CHILLED, colorful salads in deep cups of crisp lettuce are the coolest and most appetizing foods with which one can tempt flagging appetites on sultry mid-summer days.

Salads are ideal for the main dish at luncheons and parties, and the more substantial ones are excellent for dinner, too. A well-made vegetable or summer potato salad, with such relishes as Tomato Ketchup, Chili Sauce, or Prepared Mustard, make a dinner that will be received enthusiastically by every member of the family. And it's not necessary to heat up the kitchen to prepare such a meal, either!

The following salads are easy to make and they will taste unusually good at this season of the year:

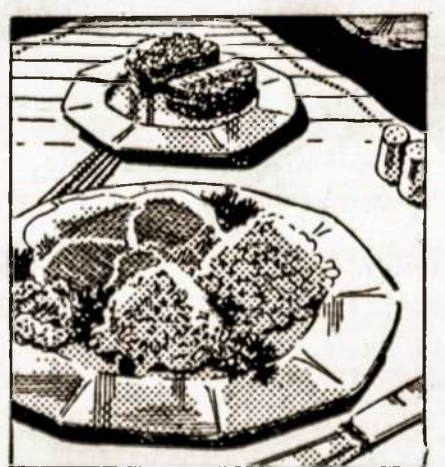
Tomato Stuffed with Brazilian Bean Salad: Cut a thin slice from the top of 6 firm tomatoes. Remove seeds, sprinkle with salt, and invert to drain. To 1 cup Oven Baked Kidney Beans add 3 tablespoons India Relish and 2 tablespoons Spanish Queen Olives, chopped. Moisten with Mayonnaise Salad Dressing and stuff in hollowed out tomatoes. Place a narrow strip of tomato crosswise over the top as a garnish, and serve on a nest of crisp lettuce.

Stuffed Egg Salad: Hard cook 8 eggs. Remove the yolks, and pass two of them through a food chopper together with 3 thin slices of cold boiled ham. Then press the other four yolks through a sieve, and set them aside. To the ham and egg yolks add 1/4 cup Stuffed Spanish Olives, chopped, and moisten with 1/2 teaspoon Prepared Mustard. Fill the whites of the eggs with this mixture, and place the two halves together. Place an egg in a nest of crisp lettuce and cover with Russian Dressing, made from equal parts of Chili Sauce and Mayonnaise Salad Dressing. Sprinkle with the egg yolks that were put through a sieve, and garnish with slices of Stuffed Spanish Olives.

Summer Potato Salad: Dice 5 cold cooked potatoes, add 1 diced cucumber, 3 tomatoes, diced, and 2 tablespoons minced onion. Add 1 teaspoon salt, and moisten with 1/2 cup Mayonnaise Salad Dressing to which has been added 1 teaspoon Prepared Mustard. This is excellent for a summer

supper or a picnic salad, just as it is, or with the addition of three frankfurters that have been cooked in salted water, peeled, and sliced. Garnish with slices of Sweet Gherkins.

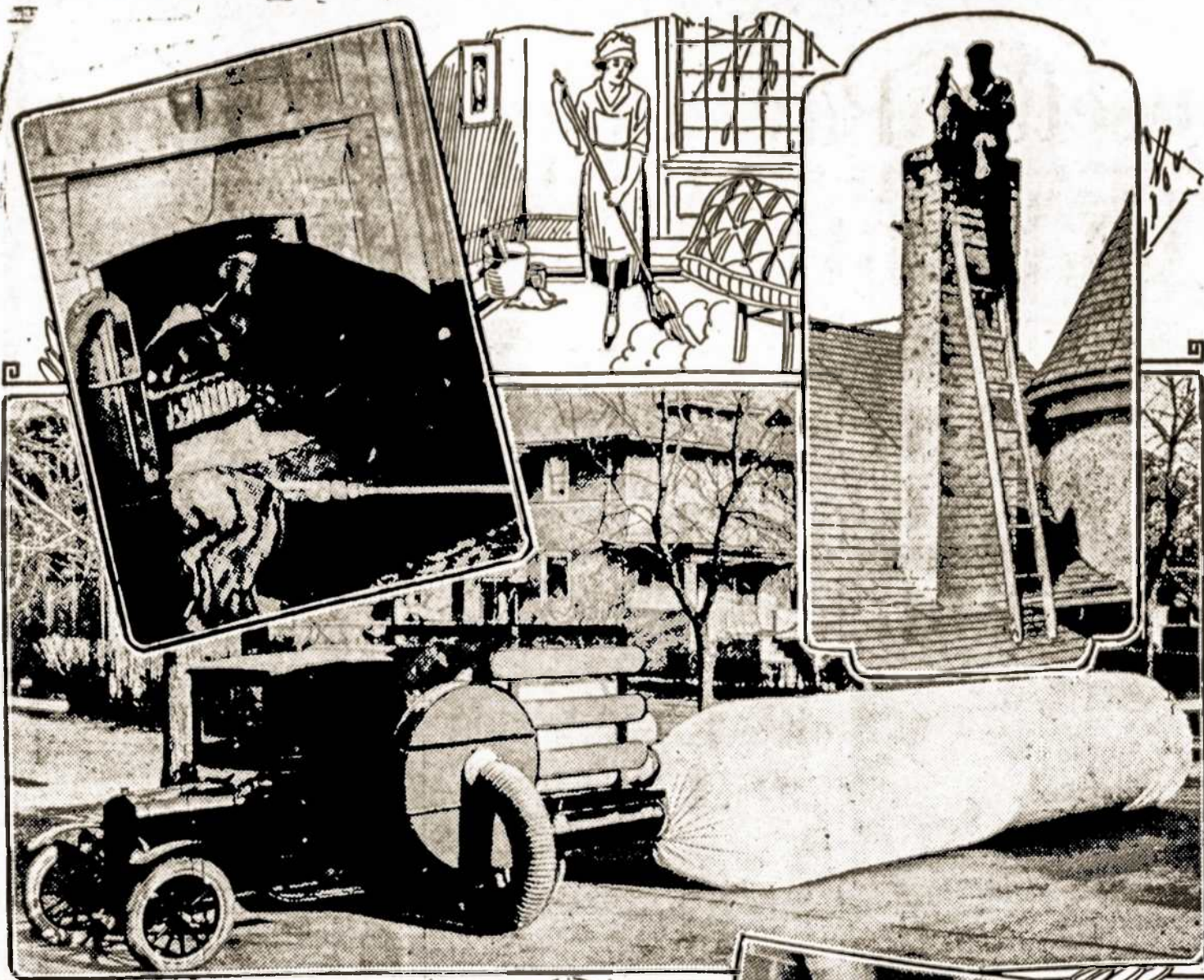
Frozen Fruit Salad: Dice 1 orange and 2 slices of pineapple, and add 1 sliced banana and 1/4 cup whole Maraschino cherries. Mix the fruit well and moisten with 1/2 cup Mayonnaise. Then fold in 1 cup whipped cream that has been sweetened with 2



tablespoons granulated sugar. Place the salad in the pans of a mechanical refrigerator and freeze for four to five hours. If a mechanical refrigerator is not used, pack the salad into small empty baking powder cans and seal them with an inch wide strip of cloth dipped in melted paraffin or lard. Then pack the cans in ice and salt for three hours. Serve the salad sliced in nests of crisp lettuce, and garnish with a spoonful of Mayonnaise Salad Dressing and a Maraschino cherry.

Pineapple and Peanut Butter Sandwich Salad: Spread a slice of chilled canned pineapple with Peanut Butter and cover with a second slice of the chilled pineapple to form a sandwich of the pineapple slices with a peanut butter filling. Cut into quarters and arrange the four wedge-shaped pieces in a bed of chilled lettuce, making a pinwheel. Place a spoonful of Mayonnaise Salad Dressing in the center. Add a Maraschino cherry, or make a tiny ball of Peanut Butter and place it in the center.

Country Club Salad: Mix 1 cup cold cooked veal, and 1 cup cold cooked ham, diced small. Then add 2 cups diced celery. Moisten with Mayonnaise Salad Dressing one-half hour before serving. Chill and serve in beds of crisp lettuce, garnished with slices of Stuffed Spanish Olives. This is an excellent picnic salad.

Task of House Cleaning
Simplified by MachineryHousewives Eliminate
Drudgery by the Use
of Modern Equip-
ment and One-Room-
at-Time Plan—In-
clude Heating System
in Cleaning Schedule.

TO WOMANKIND, the immaculately clean, spick and span house is a factor making for keen pleasure. When house cleaning is over, the average man breathes a sigh of relief. And the homemaker, you can be certain, visualizes with a peculiar dread a thorough house cleaning. Mentally she experiences the bare floors and sketchy meals and the wearisomeness and tired back of past house cleaning days. She quite forgets that house cleaning today is not nearly so wearisome nor so arduous as in the days of the shutoff parlor and base burner.

Planning and doing housework is made more easy by conveniences and facilities unknown a decade ago. Perhaps due to the fact that the male element has not viewed the periodical house cleaning with any degree of satisfaction or welcome, it is men who have devised machinery that has been of almost incalculable benefit to the housewife in house cleaning times.

The real secret of easy house cleaning lies in having efficient tools with which to work and a systematic although flexible house cleaning plan. These give the homemaker a feeling of readiness to commence the house cleaning and eliminate that subconscious desire that so often manifests itself to wait until tomorrow.

In most homes the vacuum cleaner occupies the post of duty held for so many years by the broom. This practical unit of household equipment not only saves the labor of at least one person during house cleaning time, but its ease of operation and thoroughness in cleaning are a genuine boon. This is especially true where women utilize the attachments that accompany modern vacuum cleaners.

At house cleaning time the modern homemaker in addition to her electrical cleaner has a whisk broom and dust pan, a dust mop, a long handled wall-brush and a stepladder that locks automatically. She also has a generous supply of cheese-cloth for dusting and polishing, a chamol, scouring powders, soap and soap flakes. If the water supply is hard, she also has several packages of a water softening powder. Soft water readily emulsifies soap, making cleaning much easier, because the thoroughly soapy solution more readily "cuts" grease and dirt. Furthermore, soft water is easier on the hands and doesn't harden them as does hard water.

The best way to get the house cleaning done quickly and easily is to systematize the job. It is a good idea to go through the house with pad and pencil, noting the various things to be done, and the order in which they can be done the easiest. In houses of more than one story, it is usually convenient to commence cleaning at the top of the house and work down to the basement. If the home occupies one floor, it is better to work from the front toward the back.

If outside help is called in for the heavy work, such as cleaning rugs, washing windows, polishing woodwork and floors, the various tasks should be completed one by one. However, if the work must be done by the homemaker herself only such work as can easily be accomplished during a day should be planned for one day. With the smaller living quarters of



Similar to the broom, the chimney-sweep has been supplanted by the vacuum cleaner, such as illustrated in the middle picture. It does the dirty job of cleaning the heating plant without muss or fuss, the dirt being sucked into the huge dirt-bag to be taken away. Picture at lower right shows how the big cleaner is attached to openings in the heating plant and the chimney by means of flexible piping.

today, the practical and easy way is to clean and put a single room in order each day. It is not necessary to do everything all at once. Many women will appreciate this plan of doing a single room at a time, because it combines a number of light tasks with a few heavy ones. This is not so fatiguing as spending an entire day cleaning and polishing floors, or some other heavy task, and best of all, when one room at a time is cleaned and put in order, there is no general upheaval of the house and "there is a bed to sleep in at night."

The work seems to proceed more smoothly on the one-room schedule, if the curtains are removed and washed first; next may come the cleaning and putting of closets, drawers, or cupboards in order; then cleaning pictures and bric-a-brac. After these minor things are out of the way, the ceiling may be dusted with a long-handled brush. Then the rug, heavy draperies, upholstered furniture or mattresses may be cleaned with the vacuum cleaner without removing them from the room.

If the woodwork is painted, it should be washed with soap and water, then rinsed with clean water and dried immediately with a soft cloth. For natural finished woodwork and wood furniture, a good combination cleaning and polishing preparation often gives better results than polish that merely oils over the soiled wood.

The vogue for lacquered ware provides an easy way to refresh furniture that may be chipped or scarred. Instead of laboriously coaxing it back to life by repeated polishing, the housewife will find it easier and more satisfactory to treat it with a coat or two of quick drying lacquer. Thus it can be adapted to room color schemes and the freshly lacquered pieces will have a pleasing touch of newness.

Somewhere in the course of house cleaning must come the cleaning of the heating system. According to the Holland Institute of Thermology of Holland, Mich., the heating system should be thoroughly cleaned at least once each year for three cardinal reasons, namely, economy, safety and cleanliness. It does not take much soot to deprive a heating plant of a great deal of its heating efficiency. Government engineers have found through careful tests that one-eighth inch of soot on the heating surface of a furnace will reduce the plant's efficiency 25 per cent or more, and the amazing revelation was made that one-quarter inch of soot will cut a plant's heating efficiency nearly 50 per cent. It is quite obvious that a thorough cleaning will be the means of saving considerable money.

The second factor is the safety factor. Most home fires are due to defects in the chimney and in the flue pipe. Chimneys settle, their linings disintegrate and become cracked. The sulphurous gases and extreme heat variations cause further damage, including disintegration of mortar joints. The result is that sparks often find their way through these cracks into the framework of the house. The flue pipe leading from heating plant to the

chimney becomes corroded and rusted and dotted with holes through which sparks may find their way into the basement.

Third, although but a small portion of the dirt that finds its way into the house comes from the heating plant, about 25 per cent, according to engineers who have studied the subject, it is, of course, highly desirable that even this be eliminated, which cleaning does. Obviously, the thing to do is to have the heating plant cleaned. The best way, according to the Holland Institute, is the vacuum cleaning way. It is the cleanest and most thorough method ever devised. The vacuum cleaner for cleaning furnaces is a giant among vacuum cleaners. In fact, it is so big that it must be transported to the job mounted on a specially designed motor truck. It is equipped with a powerful suction fan operated by an individual motor. This big cleaner is connected with openings in the heating system and to the chimney by means of a long flexible pipe. With the placing of the suction fan in operation, the powerful suction draws every bit of soot, dust and dirt from every part of the heating plant, even those nooks and crannies which are so difficult to clean by hand.

The soot and dirt drawn from the heating system is immediately blown into a dirt bag. This dirt bag is several thousand times larger than that attached to the ordinary household vacuum cleaner. It is 40 feet long and when inflated stands about six feet high. All the dirt and soot goes into this big dirt bag without a bit of dust getting into the basement or on the lawn. In fact, the laundress or even the decorators may be at work in the house while the heating system is being cleaned by the vacuum method with no detriment to their work.

Responsible operators of equipment of this sort make a thorough examination and test of the heating plant and chimney. The cleaning is so thoroughly done that the operators are able to easily locate any defects that may have developed in the chimney or elsewhere in the heating system. Of course, the practical thing to do is to have such defects remedied ere serious trouble develops. Most heating troubles are due to poor draft and the simple and easy solution is thorough cleaning of the heating system. Because of the size of the chimney opening, the flue pipe and the interior of the heating system, it is advisable to employ the use of cleaners that are equipped with a large, powerful suction fan operated by its own power unit. Equipment of this sort assures a thorough, dependable cleaning job and that is what the housewife wants.

A gratifying feature of house cleaning today is that what were formerly the most laborious tasks can now be done with the aid of machinery. Modern household equipment brings new ways to do old tasks and if homemakers will take advantage of these things, and will have the heating system thoroughly cleaned, they will have cleaner homes all the time.

NORTHFIELD, MASS.

CHANGE OF MAILS EFFECTIVE
APRIL 28, 1930

DAYLIGHT SAVING TIME

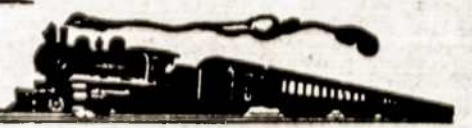
MAILS DISTRIBUTED

10:45 a. m.—From all directions.
2:45 p. m.—From all directions.

MAILS CLOSE

9:20 a. m.—For all directions.
1:30 p. m.—For South-East and East.

6:00 p. m.—For all directions.
Rural Carriers leave at 10:50 a. m.
Office Opens 8:00 a. m. to 6:30 p. m.
Holiday Hours, 9:30 to 12:00.
CHARLES F. SLATE, Postmaster.



BOSTON & MAINE R. R.

EASTERN STANDARD TIME

EAST NORTHFIELD STATION

NORTHBOUND TRAINS

DAILY (EXCEPT SUNDAY)
7:47 a. m. 10:01 a. m.
12:30 p. m. 4:30 p. m. 9:33 p. m.

SUNDAY
7:58 a. m. 12:30 p. m. 9:33 p. m.

SOUTHBOUND TRAINS

8:48 a. m. 1:09 p. m.
4:01 p. m. 5:28 p. m. 7:55 p. m.
4:01 p. m. 8:24 p. m.

Bus Line

DAYLIGHT SAVING TIME

NORTHBOUND BUS

DAILY (EXCEPT SUNDAY)
11:38 a. m. 7:18 p. m.
SUNDAY
11:47 a. m. 7:18 p. m.

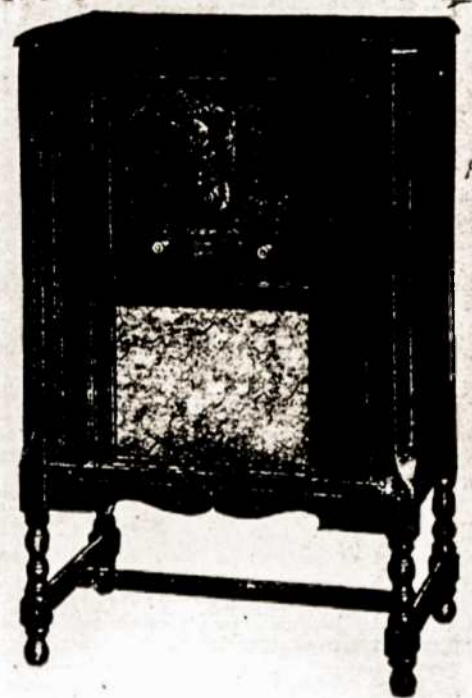
SOUTHBOUND BUS

DAILY (EXCEPT SUNDAY)
7:39 a. m. 2:59 p. m.
SUNDAY
11:39 a. m. 3:14 p. m.

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She: "Your hat feels at home on the table, doesn't it?"
He: "Why?"
She: "Because there's wood under it."

Once there was a professor so absent minded that he had the class write the exam questions while he answered them.



A Daily Cleansing Helps
To Keep The Skin
Beautiful

WHILE most women cannot go to a beauty salon very often, none of us are too busy to set aside a few minutes each day for beauty care at home. There is nothing difficult or complicated about home beauty treatments, and for every mark that age or worry leaves on the face, there is a simple, but effective treatment you can give yourself with your own two hands. You will be surprised how quickly the skin responds to just a few minutes of regular daily care.

A clean skin, of course, is the only basis for any beauty treatment. Given this, and a pair of willing hands, only three toilet accessories are necessary to provide a refreshingly clear complexion. These are: a cleansing cream, plenty of tissues to remove the cream, and a skin tonic to tone and freshen the face.

For a simple yet effective cleansing spread a generous amount of cleansing cream over the face and neck with your cushioned finger tips. Then, with cleansing tissues wrapped around both your hands, gently wipe away the cream.

To remove the last bit of cream and gently close the pores again, saturate a bit of cotton with skin tonic and wipe up over your face. This will gently guard against open pores, and will leave your skin feeling cool and refreshed—ready for whatever special treatment it may need.

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IF ICHABOD CRANE HAD A FLASHLIGHT

By JOHN G. LONSDALE
President American Bankers
Association

WE ALL remember the story of Ichabod Crane and the headless horseman. There was the dark form by the side of the road—



thundering hoofs on the Sleepy Hollow highway—and Ichabod fleeing in confused terror before this terrible monster. If Ichabod had only known that his hobgoblin was an inventive rival disguised with a pumpkin head, he would have had a good laugh

and gone on with the business of vanquishing his competitor.

What Ichabod really needed was a modern flashlight. Then he would have discovered the trickery at once. Many business men need the flashlight of analysis to uncover the hobgoblins in their business and then they might sit back and laugh at their rivals who hesitate to investigate and learn the truth.

At this time, when business and banking are making strenuous efforts to have a clear vision ahead, it is especially important that the power of research and analysis be employed to their fullest extent. When these twin brothers of good management have been pressed into service in all fields, I am confident we shall see a further lessening of periods of stress. However, I believe business in general has learned the valuable lesson that any prosperity that is not leavened with a little adversity would not seem basically safe or sound.

RESERVE SYSTEM'S DIVIDENDS ANALYZED

Bankers Find Increased Payments to Member Banks Would Be Small Inducement.

Various proposals that member banks in the Federal Reserve System should participate more largely in its net earnings through an increase in the dividend rate above the present fixed 6 per cent "would be a very small financial inducement" to them, it is declared in a recent study of this subject by the Economic Policy Commission of the American Bankers Association. This is shown, the commission says, by a theoretical forecast, on the basis of the past six years, of additional earnings that would be disbursed to member banks during the next six years under two plans introduced in bills before the United States Senate.

"The Fletcher bill provides that Federal Reserve Bank earnings, after present 6 per cent dividends to members and completion of a 100 per cent surplus, should all be distributed as extra dividends to the stockholder banks," the report says. "If the earnings of each Federal Reserve bank were distributed among its own members there would be no extra dividends in the Boston, New York, Philadelphia, Cleveland, Chicago and San Francisco districts during the next six years, but the other six Federal Reserve Banks would pay annual extras at the following rates: Richmond, 6.08 per cent; Atlanta, 4.09 per cent; St. Louis, 3.50 per cent; Minneapolis, 9.51 per cent; Kansas City, 1.88 per cent; Dallas, 4.83 per cent."

"If the earnings were pooled and paid out to all members in all districts each member would receive an average annual extra of .78 per cent. Under this plan no franchise tax as now would be paid by the Federal Reserve banks to the Federal Government."

Another Plan Analyzed
"The Glass bill would provide that, after present 6 per cent dividends, one-half the remainder should be paid to member banks as an extra dividend with the residue going to surplus and Federal Government as franchise tax. The average annual extras to members would be as follows: Boston District, 2.51 per cent; New York, .48 per cent; Philadelphia, 2.05 per cent; Cleveland, 2.09 per cent; Richmond, 3.26 per cent; Atlanta, 4.67 per cent; Chicago, 3.20 per cent; St. Louis, 2.02 per cent; Minneapolis, 4.75 per cent; Kansas City, 2.74 per cent; Dallas, 3.31 per cent; San Francisco, 1.87 per cent."

"If these extra funds were pooled the result would be an extra average annual dividend of 1.73 per cent for each member. Under this plan the system would still pay as now an annual franchise tax, amounting to \$1,941,996 on the average."

By way of concrete instance, the report says, a member bank having capital and surplus of \$200,000, therefore holding Federal Reserve Bank stock amounting to \$6,000 on which it is receiving \$360 under the present 6 per cent dividend arrangement, would with the addition of each 1 per cent to the dividend rate receive an additional income of \$60 a year.

"If each member bank will figure out for itself the dollar-and-cents gain it would enjoy we are confident it will be agreed that the gains are small as against the economic disadvantages which can be pointed out," it concludes.

Special Notice to Advertisers

No large display ads. can be accepted hereafter any later than 5 P. M. Tuesday of the week of issue; and no display ads. of any size after 1 P. M. on Wednesday.

Moreover, advertisers should understand that they will usually get a better set-up and position in the paper, if they have their copy in our hands in advance of these closing hours.

How For They Walk

Postmen on foot walk an average of 170,000 miles a day in delivering mail to more than 20,000,000 persons in the Nation's 15 largest cities, according to the Post Office Department.

Each foot carrier walks an average of about 12 miles a day. It was pointed out, and delivers mail to about 1,500 persons. This 12 miles may be covered in one trip or several, depending upon the length of the route, it was explained. On a 12-mile route the postman makes but one trip a day; on a 6-mile route, two trips; on a 4-mile route, three trips; on a three-mile route, four trips; and on a 2-mile route, six trips.

Official postal laws state that a foot carrier may not carry more than 50 pounds of mail in his sack on any single trip.

George (walking along the road): "Could you give a poor man a bite, lady?"

Lady: "Well, I'm sorry, but I don't bite, but I'll call the dog."

Human nature craves novelty.—Pliny.

The tree from which chocolate comes is the cocoa tree, not spelled "cocoa."

Radio Messages

The following radio messages are sponsored by the State Department of Public Health, over WEEI, every Friday evening at 4.50 p. m.

Aug. 8. "Illness and Character," Dr. Leroy E. Parkins.

Aug. 15. "Sleep," Dr. P. G. Stiles.

Aug. 22. "What Social Work Is Not," Miss Eleanor E. Kelly.

Aug. 29. "Nutrition and Teeth," Dr. Percy R. Howe.

Sep. 5. "What To Do About Nervousness," Dr. Harry C. Solomon.

Sep. 12. "The Problem of Acquired Deafness—What Can One Do About It," Dr. R. H. Gilpatrick.

Sep. 19. "Reasons for the Health Examination," Dr. Jose P. Bill.

Sep. 26. "Glands and Glandular Secretions," Dr. Frank H. Lahey.

He is the happiest, be he king or peasant, who finds peace in his home.—Goethe.

No man is the absolute lord of his life.—Owen Meredith.

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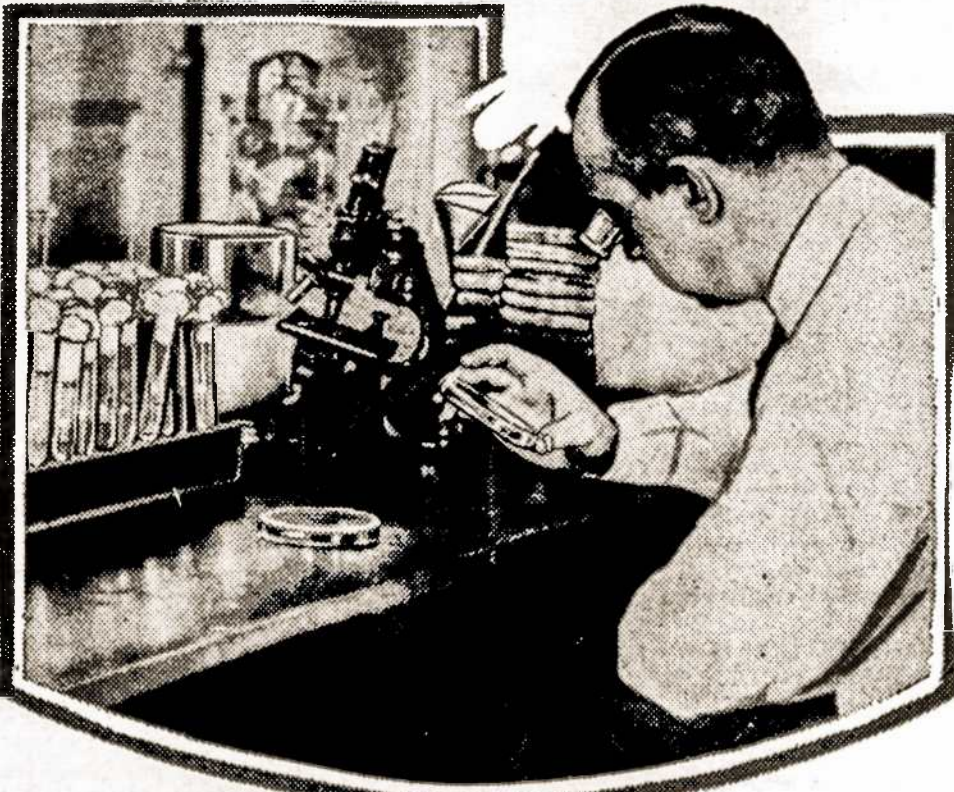
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Widespread evidence of this disease, which has caused some schools to close and has indicated that an outbreak of it might come to any village or city of the United States, has caused medical men in all parts of the country to study means by which it may be eradicated. Constant use of antiseptic is being urged as a means to aid the fight against this age-old malady which has recently taken a more serious appearance in this country. The photograph was taken in the Pease Laboratories in New York where scientists are constantly studying the disease in an effort to control it.



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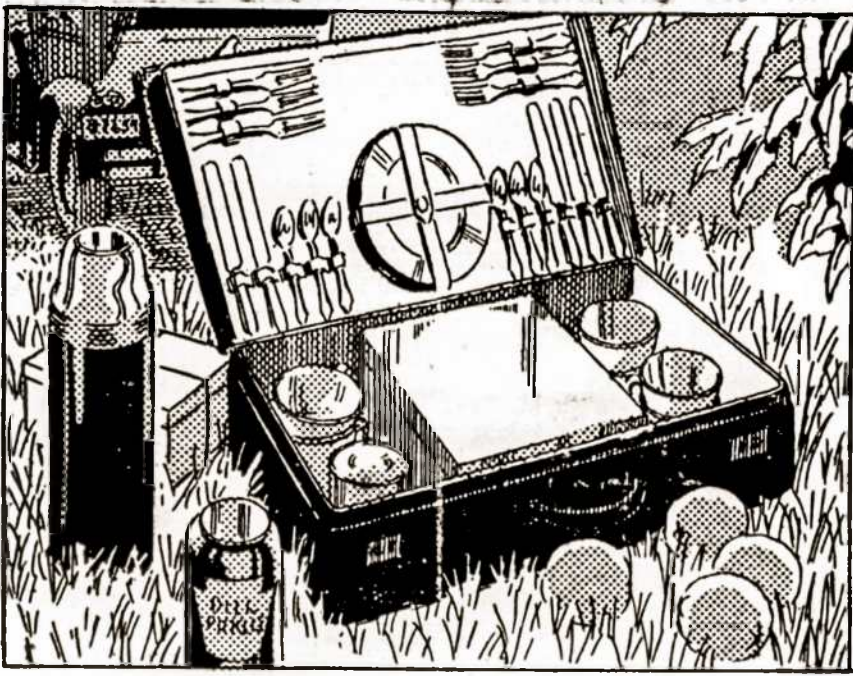
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**It Pays to be Prepared
For a Picnic These Days**

By JOSEPHINE B. GIBSON
Director, Home Economics Dept.,
H. J. Hetz Company.

WITH warm weather here and the friendly road beckoning, the urge to take to the open is irresistible. Though the trip be only for a few hours, however, the food hamper is of utmost importance; for a frolic in the open always produces ravenous appetites.

If the picnic meal is overly elaborate, the women of the household are too tired from its preparation to enjoy the outing. And besides, it is a well known fact that impromptu picnics usually are the most successful. So, at the beginning of summer, one's kitchen supply shelf should be equipped with foods that will make a picnic possible on very few minutes' notice.

Jars of Peanut Butter, Spanish Olives, Pickles, Sandwich Relish and Salad Dressings, and cans of Oven Baked Beans, Creamed Soups (to be heated and taken in thermos bottle) and Cooked Spaghetti, neatly arranged on a convenient shelf, provide most of the necessities for a successful out-of-door meal, all ready for service when a picnic is suggested. And it is a very wise idea to keep always at hand some picnic essentials, such as waxed paper, paper plates, forks and cups, a thermos bottle and paper tablecloths, so they will be ready also, without a flurry.

The following are some simple suggestions for basket picnic menus that will be of help when you next decide to have an outing:

Ham Salad
Buns Stuffed with Egg, Olive and Mayonnaise Filling
Sandwich Relish Sandwiches
Sweet Dill Pickles
Fresh Fruit
Ice Box Cookies
Lemonade or Coffee

Brazilian Bean Salad
Sliced Meats or Summer Potato Salad with Sliced Frankfurters
Sweet Gherkins

Spanish Queen Olives
Lettuce and Sandwich Relish
Sandwiches
Devil's Food Cake

Ham Salad: Mix 2 cups cold cooked ham with 2 cups diced celery, and moisten with Mayonnaise Salad Dressing. Chill thoroughly, and serve on crisp lettuce, garnished with slices of Stuffed Spanish Olives. Wash lettuce and take it to the picnic wrapped in a damp cloth. Instead of using 2 cups of ham, 1 cup ham and 1 cup veal may be substituted.

Ice Box Cookies: To 1 slightly beaten egg add ¼ cup brown sugar, ¼ cup granulated sugar and ¼ cup melted butter (or butter and other fat mixed). Then add 1½ cups Rice Flakes, and 2½ cups flour which has been sifted with ¼ teaspoon soda. Mix well and pack into a bread pan or square pan lined with waxed paper, and chill over night. Remove the loaf of cookie dough from the pan and slice very thin. Bake in a hot oven (about 425 degrees F.) for 5 minutes. This recipe makes about 4 dozen cookies 4 inches long and 1½ inches wide.

Brazilian Bean Salad: To 2 cups of celery or finely chopped cabbage, add 2 cups Oven Baked Kidney Beans from which the sauce has been rinsed. Then, add ¼ teaspoon salt and 2 tablespoons India Relish or chopped Sweet Pickle, and moisten with Mayonnaise Salad Dressing. Mix and chill very thoroughly. Serve in a large bowl or on a platter lined with crisp lettuce, and garnish with slices of hard cooked eggs. This makes a substantial main dish for supper. For a picnic, pack it in a quart jar, take the lettuce in a damp cloth, and arrange the salad on the lettuce at serving time.

Creamy Frosting: Cook slowly, without stirring, 2 cups granulated sugar, ¼ cup cold water and 1 teaspoon Pure Elder Vinegar, until when dropped from the tip of a spoon, the syrup forms a long thin thread that does not shrink, and does not have little bubbles on it (240° F.). Remove from fire and pour slowly over 2 stiffly beaten egg whites, stirring constantly. Beat until creamy, flavor with vanilla, and spread over the cake.

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Budgeting Calories - Jane Rogers**Thrifty Housewife Knows Trick of Balancing the Diet to Obtain Maximum of Food Calories**

THE housewife of today is much more likely to budget her expenses than the bride of fifty years ago. In those days it was only necessary to step into the garden and pluck a generous helping of fresh vegetables for the evening meal or stop by the smoke-house and procure a sizeable ham at a minimum of cost. Today, the problem centers around making so many dollars purchase so many calories of food, so many articles of clothing and on through the whole line of living expenses.

Selection of foods is one of the most important considerations in budget making. Each member of the family needs a certain number of calories per day—varying according to the amount of manual work or labor indulged in and unless the housewife knows a little about the caloric value of foods there is great danger that her meals will be lacking in some of the most important elements which make up the well balanced diet.

With a market list showing prices and a calorie list, the housewife can work out a very interesting little problem in economical buying. A pound of butter contains 860 calories and at the average price of fifty cents a pound it is possible to obtain 72 calories for one cent. A pound of bacon at fifty-five cents will furnish 51 calories for each cent; roast beef at thirty-five cents will furnish 27; macaroni at fifteen cents will give 110 while sugar at an average price of six cents a



pound will furnish no less than 310 calories for each cent spent.

Because of the great number of calories it contains, sugar is one of the cheapest of all foods in addition to being one of the most valuable. It furnishes fuel which keeps the body engine burning, supplies much needed energy and its importance as a sweetener and flavorer, especially when used in the cooking of fresh or canned vegetables is universally recognized. "A dash of sugar and a pinch of salt" have become twentieth century household words.

Of course no one food can be used to the great exclusion of others even though it provides enough calories to meet the average demand but the housewife soon learns this and other little tricks that eventually lead to the preparation of well balanced and at the same time economical meals.

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A Cool Porch Will Turn That Meal Into A Party



By JOSEPHINE B. GIBSON
Director, Home Economics Dept.,
H. J. Heinz Company.

AS Spring fades into Summer, our appetites give warning that we require food of a type entirely different from that served during the colder months. This is the season when we experience a growing desire for cold cuts, chilled vegetables, relishes and crisp salads—accompanied by iced drinks in tall, clinking glasses. However generously these summer-time dishes are woven into our meals, though, the digestive system is apt to rebel at a menu exclusively frigid; and it is best to have at least one hot dish served at dinner, no matter how torrid the day.

If the family dreads the summons that takes them into a warm house to eat, why not spring a surprise by serving a plate dinner on the porch or under a shady tree? After a session in a heated kitchen, you will find the evening meal doubly enjoyable when eaten out-of-doors. And the service can be reduced to a minimum by placing the coffee or other beverage on a convenient table in advance, and presenting all the food at one time on a platter.

Below are given menus for several appetizing porch suppers that even the busiest housewife will find quite easy to prepare and serve on a warm summer evening:

Supper Salad Stuffed Rolls
Sandwich Relish Sandwiches
Sliced Tomatoes
Fig Pudding with Sauce
or Ice Cream
Coffee or Hot Tea

Thin Slices Broiled Ham
Welsh Rarebit with Kidney Beans
on Buttered Toast
Fresh Cucumber Pickles
Hot Biscuits or Muffins

Pure Apple Butter
Fresh Strawberry Sundae
Rice Flake Macaroons
Iced Tea

Cold Ham or Tongue
Oven Baked Beans
Sweet Mustard Pickles Cole Slaw
Boston Brown Bread and Butter
Sandwiches
Fresh Cherry Pie
Iced Tea or Coffee

Supper Salad: Mix 2 cups diced cooked ham, ¼ cup cooked peas and 3 tablespoons India Relish together, and mix well with French Dressing. Chill thoroughly, arrange on crisp lettuce leaves, and garnish with slices of hard cooked egg. Serve with Russian or Mayonnaise Salad Dressing.

Stuffed Rolls: Cut tops from fresh rolls, scoop out part of the centers, and fill with a mixture of hard cooked eggs and Mayonnaise Salad Dressing, celery and Mayonnaise Salad Dressing, Spanish Olives and Mayonnaise Salad Dressing, or any other simple fillings. These are good with meat salads.

Welsh Rarebit with Kidney Beans on Buttered Toast: Melt 2 tablespoons butter in a saucepan, remove from fire and mix with 2 tablespoons flour. Scald 1 cup milk and stir into the butter and flour. Cook in a double boiler until the mixture thickens, stirring constantly. Then beat in 1 cup grated American cheese and when the cheese melts add 1 small can Oven Baked Kidney Beans, from which the sauce has been drained. Sprinkle with salt and pepper, and serve on slices of toast or hot biscuits.

Rice Flake Macaroons: To one white gradually add ¼ cup sugar, then ¼ cup coconut, ¼ teaspoon vanilla, and fold in 1 cup Rice Flakes. Drop by teaspoonfuls on a waxed paper on a baking sheet. Bake in moderate oven for 10 minutes. Place the waxed paper on a damp table or board for a few minutes, when the macaroons may be easily lifted from the paper.

STATE TAX MEN AND BANKERS IN ACCORD

Months of Negotiation Lead to Agreement on Changes Broadening Method of State or Local Taxation of National Banks.

NEW YORK.—Months of conference and negotiation between an American Bankers Association special committee and the Committee of the Association of States on Bank Taxation have resulted in an agreement on a form of amendment to the Federal statute dealing with state or local taxation of national banks that "maintains the integrity of the protective principles of the section and is satisfactory to the commissioners' committee," says the American Bankers Association Journal.

Thomas B. Paton, the organization's General Counsel, in making the announcement says that previously proposed amendments to the statute, which is known as Section 5219, have been opposed when it was felt their terms would enable any state to place banks in a tax class by themselves.

"The law as it stands today," Mr. Paton says, "permits state or local taxation of national banks or their shareholders in one or the other of the four following forms: the shareholders upon their shares,—a property tax; the shareholders upon their dividends,—a personal income tax; the bank upon its net income; the bank according to or measured by its net income. Only one form of tax can be imposed, except that the dividend tax may be combined with the third or fourth form if other corporations and shareholders are likewise taxed.

"The conditions permitted are: the tax on shares must be at no greater rate than on other competing moneyed capital; the income tax on shareholders must be at no greater rate than on net income from other moneyed capital; the tax on bank net income must be at no higher rate than on other financial corporations nor the highest rates on mercantile and manufacturing corporations doing business within the state; the tax measured by net bank income is subject to the same limitations as the tax on net income of the bank but may include entire net income from all sources."

States Seek Broader Law

National banks and their shareholders are taxed in different states under a diversity of systems, he says. The U. S. Supreme Court has held that the low millage rate on intangible personal property is in violation of the present law where it results in national bank shares being taxed at a rate greater than that assessed upon competing moneyed capital. A number of states, unwilling to use the income methods permitted, had the alternative of either repealing the intangible tax laws or limiting taxation of national bank shares at the intangible rate. Therefore they sought a broadening of the permissive provisions.

Also, Mr. Paton points out, a Supreme Court decision held a state's excise tax on corporations invalid where it included income from Federal and local government bonds in the excise measure. This created doubt as to some state bank excise taxes.

"Conferences have been held to reach some agreement which would protect the banks, satisfy the tax commissioners and avoid a contest in Congress," Mr. Paton says. "From the standpoint of the tax authorities, the main objectives have been an amendment which would permit certain states to retain their low rate tax upon intangibles and at the same time derive an adequate, but not excessive, revenue from national bank shares, and an amendment which would permit certain states to tax corporations on their net income, excluding income from tax-exempt, and at the same time derive the same revenue from the banks as heretofore. From the standpoint of the banks, it has been deemed imperative to maintain the protective principles of Section 5219.

The Changes Agreed On

"In the proposed amendment the existing provision permitting taxation of bank shares no higher than the rate upon competing moneyed capital has been modified with respect to certain intangible tax states only by a provision under which, instead of the moneyed capital limitation, the rate shall not be greater than the rate upon the shares of other financial corporations, nor upon the net assets of individuals, partnerships or associations employed in the banking, loan or investment business, nor higher than the rate assessed upon mercantile, manufacturing and business corporations with head office in the state.

"Also an added fifth alternative permissive method, designated as a specific tax, permits a state, in place of an ad valorem tax on bank shares, to add together total dividends paid the preceding year and the increase in capital, surplus and undivided profits, less additions to capital or surplus paid in by stockholders, and to divide this total by the number of shares. The state may tax the shares based upon this amount, but not to exceed the rate on other corporations in proportion to their net profits.

"This method is designed for states which have heretofore taxed national banks upon their entire net income from all sources at a proportionate rate to that assessed upon business corporations. The amount which is the basis of the tax is the equivalent of the entire net income from all sources, but being assessed against the shareholder upon his property in the shares and not a tax upon the bank, it is not open to the objection as an indirect tax on exempt income.

C. & B. Announces Cruise de Luxe

P. J. Swartz, general manager of the Cleveland & Buffalo Transit Co., announces that the C. & B. Line will climax the lake season this year with their cruise de luxe, stating that the 1930 cruise will surpass by far those of previous years.

The great ship, "Secandbee" will leave Buffalo Sunday, Sept. 7, for Cleveland. She will clear port at Cleveland the following day for her majestic trip over Lake Erie to the Detroit river, sailing up this river to Lake St. Clair and then up through Lake Huron. Wednesday will find the great ship "Secandbee" wending her way through the picturesque St. Mary's river to beautiful Sault Ste. Marie, where the famous "Soo" locks are located. Time will be given passengers here to take in every point of interest. Leaving the "Soo," the great ship retraces her way back through beautiful St. Mary's down Lake Michigan. Chicago will welcome the tourists on Thursday; 14 hours will be allowed for sightseeing, shopping and entertainment in this great city. Beautiful Mackinac Island will be visited on Friday; three hours spent amidst nature's grandeur. The ship will then turn her prow homeward arriving in Cleveland Saturday evening, Sept. 13th, and in Buffalo the following day.

This delightful cruise will reveal the true beauty and fascinating charm of the Great Lakes and the picturesque cities and points along the shores.

Mr. Swartz made the statement that the regular C. & B. Line trained corps of courteous attendants will serve the passengers, and that every comfort will be available for those taking this wonderful cruise. Special entertainment and sightseeing trips are being planned for each day of the cruise.

H. V. Kauffman, general agent of the C. & B. Line, stated that a great many reservations have already been made. He attributes this early booking to the great popularity won by the cruise in past years, and also to the reduced rates of 1930.

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ADVENT CHRISTIAN CHURCH SOUTH VERNON

Rev. George E. Tyler, Pastor

SUNDAY

10:45 a. m.—Sermon by the pastor.
12:05 p. m.—Church school.
7:30 p. m.—Union service at the chapel.

THURSDAY

7:30 p. m.—Mid-week meeting at the Home.
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11:30 a. m.—Sunday school.
6:30 p. m.—Class meeting.
7:30 p. m.—Evening worship.

WEDNESDAY

3:00 p. m.—Children's meeting.
7:30 p. m.—Prayer meeting.

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